

September

2005

E-Newsletter

**Mental Illness
Awareness Week**

October 2-8, 2005



Editor
Sandy Johnson
441-5300

NORFOLK COMMUNITY SERVICES BOARD

Norfolk CSB Insider

Leveling the Playing Field

Eliminating the Unintended Consequences of Mental Illness

October 2-8 is Mental Illness Awareness Week. The theme this year is "Leveling the Playing Field: Eliminating the Unintended Consequences of Mental Illness. Hospitality Center wants to share with you the stories of recovery written by several clients who are members of our writing project and let you see how they have "leveled the field."

—Delores Whitfield, Hospitality Center Staff and
Leader of "Writer's Cramp " Group

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SA Employees in the Spotlight

Frank G. Macek

My name is Frank G. Macek and I am a Clinician in the SA Outpatient/Intake office. I've been with the CSB for 7-3/4 years.

Nickname: Mom called me Jeff and Dad called me Rusty.

The Beginning: I was born on December 3rd in Taughton, Somerset, England, and raised in Detroit, Michigan. I've been in the Norfolk-Virginia Beach area since 1971.

My Family: I have married for 18 years to a wonderful woman named Beverly Weich Macek. We have two daughters and one granddaughter, who is 18.

The thing I like most about working in the field of

Mary E. Swinger

I am Mary E. Swinger, a Counselor in SA OTP. I have been with the Board for 15 years.

Nickname: I have no nickname, although some of my kind peers do call me "Diva."

The Beginning: I was born on January 29th and have been living in Virginia for over 15 years--I now call Virginia "home."

My Family: I am a widow, and I have two children. My son is celebrating his second year in recovery, and my beautiful daughter died three years ago.

The thing I like most about

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A More Productive Person

by Myra Jones

Even though the road for me in the past has been incredibly rough, I've learned to accept my mental diagnosis and understand the ways it played itself out in my life. I didn't choose to be mentally ill, I didn't want to be labeled that way. At the time, mental illness had a hold on me even though I didn't know it yet and I had no inkling of what the future would bring.

I've returned to the community and have been stable on what I call a miracle drug. Suddenly my thoughts were focused and I could concentrate and control my behavior. So many people have made a difference in my outlook on life. That keeps me pressing on. My family is very supportive as they help me to raise my children and understand my needs, emotionally and physically. They give me good advice and the time and space to make my own decisions. My mental health therapy and support groups have also been an important factor in my success.

I'm proud of the improvements I've made in my life and how I've managed to become a more productive person for myself and my sons. ♦

Changing My Outlook

by Aldrin Ednacot

I travel with my dad in the Philippines and see many recreational places. My dad is my best friend because he takes care of me and helps me with my struggle to survive in this world. I am now attending recreational outings here at the Hospitality Center. Visiting the library is one of my favorite outings. These outings help me to get positive ideas so that I can experience life's lessons.

I have written a book here at Hospitality Center that has helped me to open my mind to how many wonderful things that have been done in my life. I like my book because I write what are my favorite hobbies. When I read my book I see how I know myself. I'm amazed at how I've been more productive and changed my outlook on my life.

I now have the ability to do any kind of job inside and outside of the house. I see my problems and have the desire to correct them. I now see my present status and quality of life and how I'm going to try even harder to be successful. ♦

At Peace with Myself

by Annie Reid

I'm happy and at peace with myself because I have my own place and I am independent. I can take care of my own business and keep my living quarters intact. Today I am clean and sober and continue in my serenity group.

I am always helping others before I help myself, I find that it makes me very happy and brings out good feelings. I am now an outspoken person and I can say more freely how I feel. When I speak now, I have peace of mind because I'm a very beautiful person both inside and out, a loving, kind person who is especially sensitive to the needs of others. I see a person who is thankful to the good Lord for lifting me up and giving me peace of mind. I thank God for bringing me this far and not turning me loose.

I'm truly blessed today to look in the mirror and see how far I have come. This image has made me determined to push on and accomplish the positive things in life. ♦

The Star of the Game

by Lena Wilson

Doors have opened in my life that have made me feel that I can get back to the point where I can get help. With this help I am willing to try to bring forth my abilities. Some of these abilities are learning different tasks in order to reach my goals. My main task is to win the victory which God has placed before me.

I am writing a book here at Hospitality Center titled, "*The Star of the Game*," referring to myself.

On this project I'm trying to put my thoughts together to help accomplish what I have set out to do. I'm showing interesting points and it lets me know that I can keep up and show my skills as best as I can.

I have grown to think of myself and what I'm capable of doing. I'm at the peak of my progress and I feel that now I can cope. ♦

Being an Inspiration

by Thynesis Ricks

I became mentally diagnosed at the age of seventeen. I was severely mentally challenged and did not recognize it. It was very difficult for me and my family. Things that I was saying and doing were not “Thynesis.” I wouldn’t have wished my condition on anyone. With the help of Jesus, family and friends I received the medical help that I needed and life started looking much better for me. At this early age, people did not understand mental health as they do today. With the help of Norfolk Community Service Board, the case managers, doctors, and my Hospitality Center family, I’ve grown spiritually and mentally into the person that I am today.

In July, 2002, I was invited to New Beginnings Clubhouse to be their first motivational speaker. I have always enjoyed the opportunity to reach out to help others and share my own story. This chance to speak to a group about things that occurred in my life and what I did to get on the right track has been quite rewarding. I was honored to speak at such a prestigious event.

The thing that is most important is to take your medication for the body, the mind, and the soul. The mind is a terrible thing to waste, so why waste it when you can do so much more with it? If I had to do it all over again, I would have been an “Up Version” of Thynesis, more knowledgeable and more understanding. I will continue my life being an inspiration to others. ♦

Living a Healthy Life

by Rebecca Selby

I have learned how to take my medication properly and I feel a lot better. I now know how to manage my health through relaxation and exercise. I’m doing better on my diet by purchasing healthier foods. When I stay on this health plan, it gives me energy to clean my house, to work in my unit here at Hospitality, to pay my bills—which takes a lot of concentration. It also gives me energy to take care of my personal hygiene issues. I’ve learned how to maintain a budget so that I can live independently.

Going to church and giving God some time also helped with my recovery. Through the years, my mother taught me independence and to love the Lord. I’m glad that she taught me these things because I need them in order to survive in this lifetime. Traveling has given me the opportunity to visit with other programs in other places and has helped me to meet new people. I really think that I have made progress. ♦

A Free Spirit

by Wilhelminia Moore

I’ve found that becoming a free spirit is the “brighter side” of my mental illness. I love walking which helps me to lose weight. It keeps my mind focused and helps me to think more clearly. I like to sing in the church choir because I have a nice voice that sends out good messages.

I made a positive decision to go that extra mile to try to make things better for myself. I realize that the road won’t be easy but I am willing to take that chance. I’m taking a positive step to rekindle the relationship with my son. He is a very important part of my life and I feel that I am ready to be patient and allow a bonding to take form. I know that it will take time, but I’m here for the duration.

I’m a very enthusiastic person who places value on my time and what I do with it. I’m very unique in how I handle my life with having mental and physical disabilities. However, I truly think that my biggest attraction is that I’m a Christian who loves God and places him first in my life. ♦

Challenging Your Brain Waves

by Sharon Cooper

The reason many individuals don’t understand Mental Illness is because it’s really called challenging your “*Brain Waves*.” By doing positive things that matter you will feel better about your health. Having a mental diagnosis set me back because I didn’t understand it. As life goes on I did some soul searching about the positive perception. For example, taking your medication in the manner that they are supposed to be taken. I also found that I relieved my stress by journaling.

You can write what makes you feel good inside instead of bad. At first I was in denial, but going to group made me unwind, because I wasn’t alone. Isolation played a big role in my life until I came out of that dream. I thought about my sons, and started to focus on them. They needed a positive structure in their lives, which is me, their MOM. I started thinking about how we all can do things as a sober family. I enrolled in a drug and alcohol program and received knowledge about what positive things I could do. I then introduced my kids to the program. We had fun because we received important information about what can make us a better family. The next thing that I knew, time flew, and we all graduated. ♦

We are Chosen

by George Cherry

Mental Illness, even when one is stable, is sometimes a struggle in the mind from time to time. Our thoughts, the best way that I describe them, are constantly being delayed for some of us. We don't have the solutions to situations right away, but the answer to our problems are already there in our minds. That's why we must be patient and persistent with ourselves because the answers will be exposed eventually. Just like we must be patient when talking to or listening to someone else. It gets on our nerves sometimes in dealing with this struggle in our minds, however, it pays off. What is that pay? Just us knowing for a fact that by our very survival we make a positive difference in the world.

We are needed and are leaders of the world Community. Therefore, what is a body without a head, for instance? That's the value we as Mentally Challenged people have in our society today. Caress the fact that of all the people with conditions and illnesses in the world, we are chosen to lead humanity. ♦

Shedding Light on the Positive

by Deminga Alves

I find that knowing about my illness sheds light on the positive. This takes time, but once you make friends with it you can only progress. Having caring people in your life can be the greatest asset. Loving people whether it be family or friends are one of my bright sides. The understanding and willingness from the outside world can brighten any illness.

When the sun shines it warms our souls, and to know your illness will make you glow. Just because I live with this illness doesn't mean I am my illness. I have found many programs for the mentally ill. These program show me that we are loved.

NCSB, which provides services such as MHRS and Hospitality are special places that let me know we're loved no matter what. We are shown patience because we are special. They help with growth, knowledge and medical care. Every day can be a struggle, but this makes me look to tomorrow for happier fulfilling days. ♦

Employees in the Spotlight

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Frank Macek

substance abuse is watching and hearing patients say, "I got it" in relation to recovery.

My secret to success is faith in a power greater than myself, in a relationship with a wonderful woman, and in having caring, supportive co-workers and supervisor.

Few people know what the "G" stands for in my name. Also I am allergic to cats and I have a loving cat that I wouldn't give away.

To me, the theme "**Join the Voices of Recovery: Healing Lives, Families and Communities,**" means that, together in recovery, we can build strong lives which create strong families that create strong communities. The strongest and most often used word in recovery is "WE."

If I could change one thing about the world, it would be to have people respect others based on their commonalities rather than focus on their differences. ♦

Mary Swinger

working in the field of substance abuse is seeing the changes that people make in their lives with my assistance and encouragement. When a person enters treatment with little hope and with all options gone, I work toward effecting change and assisting him or her to move from hopelessness to recovery.

I have learned to laugh at myself. I live a balanced life. I eat right (most times), drink lots of clean water and depend on non-traditional medicine to stay healthy. **That is my Secret to Success.**

Few people know that when I was a younger woman, I aspired to music, specifically, singing. I can remember my chagrin then I learned that I couldn't carry a tune. I still sing in the shower, though.

The theme for National Alcohol & Drug Recovery Month is "**Join the voices of Recovery: Healing Lives, Families and Communities.**" I see myself as part of the process, one of the voices of recovery. I continue to offer what I have to give because I recognize that healing starts with one and spreads through the family and community. We must put more work into prevention with our youth and we must treat the family along with the addicted person—addiction is a family disease.

If I had the power to change one things about the world, I would abolish wars as they are fought today. I like the idea of choosing one fighter from each side to fight the battle if negotiations fail. ♦

—Falasha Spruiell, HIV Educator
SA HIV and Specialized Supportive Services

Length of Service

Congratulations to the following staff members who celebrate the anniversary of their employment with Norfolk CSB in **October**:

Eighteen Years

Sandy Johnson

Sixteen Years

Myra Clark
Valarie Herron

Fifteen Years

Valerie Jones
Kendrick Pritchard

Fourteen Years

Rene Faulkner
Tina Stevens

Twelve Years

Elizabeth Faulk

Eight Years

Bob Horne

Four Years

Shenell Cooper
Rachel Greenberg
Pamela Holloway
Dr. Joseph Schwartz
Penny Witcher

Three Years

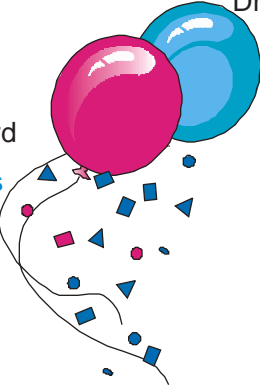
Shirley Luckett
Gary Waters

Two Years

Ellen Knight

One Year

Farina Brown
Stephanie Pride



Birthdays at the Board

When you see them, say Happy Birthday to these staff members who celebrate their birthdays in **October**:

Dr. Jim Reif (1)
Brad Lazernick (12)
Larry Dashiell (4)
Felita Davis (5)
Judy Fowler (5)

Kellee Chambers (6)
Joshalan Mack (6)
Laurie Paquin (6)

Janet McIntosh-Chambers (7)

Fran Anderson (8)
Janet Powell (9)
Bridgette Williams (10)

John Creekmore (11)
Randy Plante (11)
Angie Hicks (12)
Regina Ridley (13)
Pawnee Brady (15)

Amanda Sparks (16)
Susan Davenport (17)
Erica Parker-Jackson (17)
Takecha Jones (17)
Marzetta Haggie (21)
Cynthia Katz, (23)
Terry Wood (23)
Carol Peterson (25)
Rickey Willis (26)
Diann Gray (27)
Gloria Miller (27)
Fern Refino (28)
Eden Boulter (29)
Floretta Martin (29)
Farina Brown (30)
Robert Fears (31)

City of Norfolk Training Graduates

Ethics Seminar: **Eric Thrift**

Discussions in Assertiveness Training (pilot):

Kimberly Milbourne
Lisa Wright
Sheryl Dial

Marcelina Hardy
Nacole Parker
Farina Brown

Norfolk CSB

welcomes

New Employees

Latisha Russell

HR Generalist
ADM Human Resources

Duane Miller

Case Manager II
MH Case Management

Erica Baker

Case Manager II
MRFD MR Case Management

Kami Jones

Counselor III
MRFD Outpatient Services

Barbara Rivera

CPT to Permanent Part Time
Counselor III
MH Emergency Services

Brandi Wright

CPT to Full Time
Counselor 1
MH Hospitality Center

Stacie Davis

Clinician
MRFD Outpatient Services

Tameka Evans

Support Technician
MRFD Infant Development

congratulates

Promotion

Susan Davenport

Program Supervisor
MH Residential Services

Wellness Fact Sheet

7 Ways to Live Longer

When it comes to living long and living well, the magic number is seven. Read on and learn the seven most important things you can do to add years to your life and add life to your years.

1. **Take vitamins regularly.** Vitamins C, E, D, B6, calcium, and folate can add years to your life. A multi-vitamin taken daily will usually do the trick.
2. **Don't Smoke.** Smoking makes you look and feel older. It robs its users of energy, health, and years of life.
3. **Monitor Your Blood Pressure.** High blood pressure is known as the silent killer. Millions of Americans lose years of life to this deadly disease.
4. **Conquer Stress.** Stress exerts an increased toll on your body's systems. Consequently, you can age far beyond your years.
5. **Wear your seat belt.** It's real simple—buckling up prevents injuries and saves lives.
6. **Stimulate your brain.** People who remain intellectually involved throughout their lives stay more aware and feel years younger.
7. **Exercise.** The list would not be complete without a little physical activity. We all know the benefits, we just need to do it! Source: Welcoa

TV Nation

How much TV do we really watch?



On Monday and Tuesday evenings alone, we average a monthly 1 billion viewing hours. That's 360 million hours a week from what seems like an innocent two nights of personal veg time. What could we accomplish as a nation with an extra billion hours a month?

Kids are not immune to watching TV either. In fact:

- Kids average 1,680 minutes a week in front of the TV—that's more than 1 full day.
- 50% of children ages 6-17 have television sets in their bedrooms.
- 73% of parents would like to limit the amount of TV their kids watch
- Parents report an average of 38.5 minutes of meaningful conversation with their children per week.

Source: *Idiot's Guide to Managing Your Time*

FINANCIAL WELLNESS

How to Save Money on Prescription Drugs

The cost of prescription drugs continues to rise at a multiple of the annual inflation rate. Our dependence on prescription drugs is staggering, with per person use of about 11 prescriptions (about a pill a day per person) in the United States in 2003. That's a lot of drugs! So how can you control your cost and use of prescription drugs? Consider the following:



Request free samples from your doctor

Pharmaceutical companies provide healthcare providers with loads of free samples. Ask if they have free samples that would treat your condition.

Ask for generic drugs

On average, generics can be purchased for about one fifth the cost of brand name drugs and they are just as effective because they contain the same active ingredients as the brand name drugs.

Look into mail order options

This option usually requires a lower co-payment. If you are taking a drug on a regular basis, you might save quite a bit of money using mail order.

Seek guidance from your Pharmacist

Pharmacists are a wonderful source of information about drug options and can provide invaluable information about potential side effect of prescribed drugs.

Source: WELCOA – Kaiser Family Foundation

A Great Web Site

Partnership for Prescription Assistance, at www.pparx.org, is a web site dedicated to linking the Nation's pharmaceutical companies to health providers, community groups, patient advocates and patients in an effort to assist individuals without qualifying prescription coverage.

- There are over 475 public and private patient assistance programs listed, including 150 programs offered by pharmaceutical companies.
- Patients can research program eligibility by answering questions and using the application wizard online. Service providers and care givers can assist patients with answering questions to determine eligibility through the online application.
- Physicians can research available assistance programs, download and print forms or complete the forms online for patients, review a listing of participating programs and/or download applications to be completed and mailed.

This information is also available in Spanish via telephone at 1-888-4PPA-NOW (1-888-477-2669).

—Kat Cannady, Program Coordinator
MH Hospitality Center

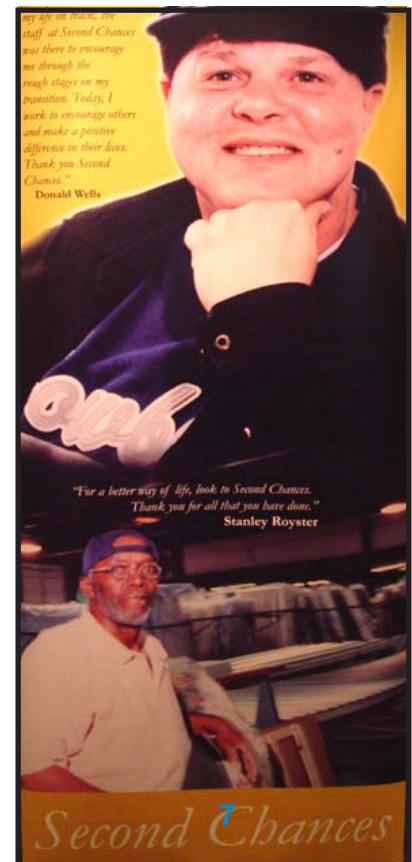


L to R: Board Chair Arthur Kaplan, MD, MRFD Director Aileen Smith, Executive Director Dr. George Pratt, Infant Development Program Coordinator Sandi Harrington. At the September Board meeting, Doctors Kaplan and Pratt were presented with photo mementos of the Infant Graduation ceremony.



▲ Photos from the luncheon honoring Substance Abuse Services staff during National Alcohol & Drug Addiction Recovery Month

Display for Second Chances, one of the exhibitors at the SA Providers Fair held September 29 at the Attucks Theatre. The event was attended by 132 people. ►





One of over 100 visitors to the Fair



Board Member and exhibitor Dr. Jay Taylor and one of his colleagues

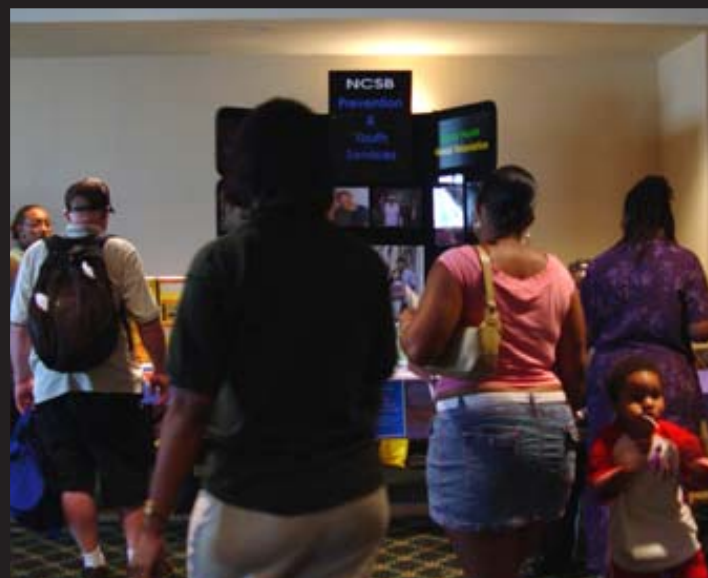


Sentara staff provided several free health tests

Photos from the Substance Abuse Services Providers Fair



Everyone listened as Joe Battle, President of SAARA, spoke to the crowd about his incredible journey from addiction to recovery



Prevention Services staff hosted the Norfolk CSB booth



Norfolk Sheriff's Department prepared free identify kits for children